

## Complete Meals = Best Nutritional Value

Complete Lunch Meals include a variety of food choices from menu items offering:

- ✿ 1 or 2 ounce serving of **Meat** and/or **Meat Alternate** such as cheese, yogurt, eggs, beans

- ✿ 1 or 2 ounce serving of **Breads, Rice, or Pasta**

- ✿ Up to 2 **Vegetable** servings (1/2 cup each)

1 **Fruit** serving from any of the following choices (1/2 cup each):

- ✿ Fresh Fruit, Chilled Fruit Cup,

- ✿ 100% Fruit Juice (limited weekly offerings),

- ✿ Dried Fruits (1/4 cup dry = 1/2 cup fruit)

- ✿ 1 choice of **Fluid Milk**

Complete Lunch Meals must include three food components with at least one full serving (1/2 cup) from vegetable, fruit, or juice.

Some items count as two components. Ask for help if needed.

A Complete Lunch is the Best Nutritional Value...  
So Fuel Up on Lunch and Power through your day!